

The Connection

Mission Statement: Spencer County Schools will go the distance for all students!

Vision Statement: Spencer County Schools will ensure all students reach their full potential through high academic standards empowering them to become highly effective individuals.

May 20, 2010

Issue date: Each Thursday

Deadline for items: Wednesday afternoon

Submit items to Central Office: Phone or
bonnie.parsons@spencer.kyschools.us

Transitioning to Adulthood Training for Special-Needs Teens

A Training on Transition to Adulthood is a topic that many parents in rural Louisville have clamored for. There seems to be many avenues of support for our **Special Needs** children (0 thru 18 Years), but when they hit adulthood, programs and services seem to vanish. Although there **are** resources for young adults to access, knowing what is out there and how to find these programs is what this training is all about.

Attached to this email is a flyer for any family that would benefit from this training.

This training is offered to both the parents and teens over the age of 14 that have an emotional or behavioral disability.

We are offering **FREE DINNER** and also offering **FREE CHILD CARE** (for children younger than 14.)

Skin Conditions: Sun Safety Tips

Though the sun's rays make us feel good, and in the short term, make us look good, exposure to sun causes most of the wrinkles and age spots on our faces and is the number one cause of skin cancer. And, while sun damage to the skin may not be apparent when you're young, it will definitely show later in life.

The sun causes:

- Pre-cancerous (actinic keratosis) and cancerous (basal cell carcinoma, squamous cell carcinoma and melanoma) skin lesions
- Benign tumors
- Fine and coarse wrinkles
- Freckles
- Discolored areas, called mottled pigmentation
- A yellow discoloration of the skin
- The dilation of small blood vessels under the skin

How Can I Protect My Skin From the Sun?

It's never too late to begin protecting yourself from the sun.

- Apply sunscreen with a sun protection factor (SPF) of 15 or greater **30 minutes before** sun exposure and then every few hours thereafter
- Select cosmetic products and contact lenses that offer UV protection
- Wear sunglasses with total UV protection

Continued on Pg. 2

Monthly Board of Education Meeting

Monday, May 24 — 6:30 p.m. — MS Media Center

Catch the Dance!!

Copies of our Dancing with the Stars 2010 are now available for \$12, at the High School.

>>>><<

Notice from Payroll

May 25th is the last payroll that will be sent out to the **schools** for distribution this year. The June 10 and June 25 checks/advice may be picked up at Central Office on payday from 9am-3pm. Any not picked up by 3:00 will be taken to the post office and mailed to your address on record. **Have a great summer.**

REMINDER: 10 month employees will receive 4 checks in June to pay out the contract for 2009/2010. New contract pay for 10 month employees will resume in August with the beginning of the 2010/2011 school year.

— Gwen Shouse, Payroll Department

Bear Care - Now Enrolling for Summer!!!

Open Monday thru Friday 6 am-6 pm, (closed July 5th)

Ages from 3 years old to 12 years*

Two locations (Preschool for 3-5 year olds *
and TES for school age).

Free Breakfast and Lunch. (Through Summer Food Program)

Water Days, Movie Days, Field Trips,

Guest Speakers and More!!

If you have any questions or want to learn more about the Summer Bear Care program please call Allyson, Director, at 477-3273 or e-mail at: allyson.berry@spencer.kyschools.us

*Children must be fully potty trained to start Preschool Bear Care.

FOR SALE

Babysitter needed weekends for a 3 ½ yr. old. Hours are flexible. If interested, please call Coleen Mills at 477-7969 (home) or 232-8811 (cell). You may also send an email to me at TES.

Need your **Horse(s)** shod, broke, trained, behavior issues/manners fixed, minor chiropractic adjustments? Please call 502-220-7342 ask for Mac, **B & M Equine Excellence**. Very reasonable prices.

Raffle tickets to support Relay For Life, on a 26", 21-speed Rock Mountain Shogun bike with alloy linear pull brakes, all-terrain tires & dual suspension. **Brand new, still in box.** For donations or tickets, call or see Bonnie, Angie, Brett or Kathy at Central Office or Michelle Gross at the Middle School.



Wish there was time before the school year began to review your benefits package?

Take care of reviewing your benefits package early instead of during the busy back-to-school season.

Set an appointment with your American Fidelity Assurance

Representative to learn more about District benefits offered through payroll deduction.

Contact Michele Barlow at **Central Office** now, to see Cyndi Godsey, Executive Account Specialist this spring or summer.



Wear wide-brim hats, long sleeved shirts and pants
 Avoid direct sun exposure as much as possible during peak UV radiation hours (10:00 to 3:00)
 Perform skin self-exams regularly to become familiar with existing growths and to notice any changes or new growths
 Eighty percent of a person's lifetime sun exposure is acquired before age 18. Be a good role model and foster skin cancer prevention habits in children
 Avoid tanning beds

*Provided by WebMD.com &
 Your Spencer County School Nurses*

Upcoming Events

SCHS Awards Night — May 27 - 7:00 - **Spencer Christian Seniors' Baccalaureate** May 24 — 7:00 pm — Held at Spencer Christian Church
Board of Education Meets - May 24—6:30 pm—MS Media Ctr.
SCHS - Chorus Concert — May 27 - SCMS Auditorium 6:30
SCMS Chorus Pop Rock Show - May 27 — MS - 6:15
SCHS Graduation — May 29 — 5:00—Frankfort Civic Ctr.
Family Fitness Fun Day — June 5 — 9 to noon — SEE BELOW

Set your appointment to see our **American Fidelity Supplemental Insurance** rep now.
 Call Michele Barlow at Central Office, 477-3250.

Here's a nice side dish that rounds out most any entrée without rounding out your family!

BROCCOLI WITH CREAMY LEMON SAUCE

2/3 cup low-fat cottage cheese
 1/4 cup evaporated skim milk
 2 tablespoons grated Parmesan cheese
 1 teaspoon lemon juice
 1/8 teaspoon ground turmeric
 White pepper
 3 cups hot, cooked broccoli florets

In a blender, combine the cottage cheese, milk, Parmesan cheese, lemon juice, turmeric and white pepper to taste and puree until the mixture achieves a thin consistency, about 30 seconds.

Heat the sauce in a skillet, stirring occasionally, until heated through, but do not boil. Serve the sauce over the warm broccoli.

Nutritional information per serving (1/6 of recipe): Calories: 45; Fat: 1 g; Cholesterol: 3 mg; Sodium: 155 mg; Carbohydrate: 4 g; Protein: 6 g; Diabetic Exchanges: 1 Vegetable, 1/2 Very Lean Meat

Family Fitness Fun Day — Coming Soon!

Come for hands-on activities & fitness demonstrations for ALL AGES to show that health and fitness can be FUN!

Saturday June 5 from 9:00 a.m. until 12 noon at Ray Jewell Park and Spencer County High School. Demonstrations will be offered every half hour.

Prizes will be given away such as bicycles, helmets and a Nintendo Wii and I-Pod.

Come out for these Relay for Life Fundraisers CUB Bank Yard Sale for Relay this Saturday, May 22nd

May 22—Paint the Town Purple — & from 11:00 —2:00, with Live Entertainment, Kid Games & Lunch — Grilling at Country Mart
SHOW YOUR HOPE—Competition of Store Window Decorations

Friday, May 28—7 pm Bunco & Silent Auction at All Saints Church on Main Cross Street

Help make more Birthdays



Relay for Life is
 June 11 @ SCHS

Order Form

Candle Lighting (Luminary) Ceremony \$5 or more Requested

Please check one: ☐ In Memory Of... ☐ In Celebration Of a Survivor

Name of loved one to appear on Luminary: (Please print clearly) _____

Your Name: _____ **Phone Optional:** _____

Address: _____ **City/State/Zip:** _____

Please **send** this form along with your check made payable to **American Cancer Society** to:
 Luminaries, c/o Amanda Fox, 6905 Rock Hollow Drive, Louisville, KY 4029 **OR bring to Central Office.**

For additional luminaries, you may use a new form for each name, **OR** include **all** the above information (i.e. name/memory of/celebration of) on a separate paper and attach it to this form before mailing, and enclose \$5 for each additional name. Thank you for your support!

You may include a small **picture** (no larger than 3.5x5) or short message. **We can not be responsible for returning pictures.**

PHOTO DEADLINE — This Saturday, May 22 to turn in pictures for Memorial slide show

— email to joydthompson@bellsouth.net or snail-mail to Amanda Fox

